Resources for Parents and Educators

Addiction Medicine Services, WPIC, UPMC
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CYBERBULLYING RESOURCE GUIDE

Resource	Description	Website
The Cyberbullying Research Center Dr Justin Patchin & Dr Sameer Hinduja	"The Cyberbullying Research Center is dedicated to providing up-to-date information about the nature, extent, causes, and consequences of cyberbullying among adolescents. Cyberbullying can be defined as 'willful and repeated harm inflicted through the use of computers, cell phones, and other electronic devices.'"	http://www.cyberbullying.us/resources.php
The Megan Meier Foundation Tina Meier	"The mission of the Megan Meier Foundation is to bring awareness, education and promote positive change to children, parents, and educators in response to the ongoing bullying and cyberbullying in our children's daily environment."	http://www.meganmeierfoundation.org/
Cyberbullying State Laws	A list of the cyberbullying laws organized by state	http://www.cyberbullying.us/Bullying_and_Cyberbullying_Laws.pdf
Tracking Teresa The Short Video	Video: "Even though Teresa has tried not to reveal personal information online, she's left enough clues that she could find herself in danger."	http://www.netsmartz.org/RealLifeStories/TrackingTeresa
Cyberbully The ABC Movie	"Cyberbully follows Taylor Hillridge, a teenage girl who falls victim to online bullying, and the cost it takes on her as well as her friends and family."	http://www.amazon.com/Cyberbully-Emily-Osment/dp/B00652U72S/ref=sr_1_1?s=movies-tv&ie=UTF8&qid=1345735984&sr=1-1&keywords=Cyberbully
GoGoStat Internet monitoring program	"Social media has become an inherent part of our online experience. While most sites are about sharing information with your social network, we are more concerned about what you do with all the information that is shared. We are all about how you make use of all that information that flood your wall or your inbox every day."	http://www.gogostat.com/
Take This Lollipop Facebook interactive video clip	"*Take This Lollipop* is a 2011 interactive horror short film and Facebook app, written and directed by Jason Zada, which uses the Facebook Connect application to bring viewers themselves into the film, through use of pictures and messages from their own Facebook profiles."-Wikipedia	http://www.takethislollipop.com/
Your Brain on Bullying by Kilian Melloy Monday Mar 21, 2011	*"A few weeks ago, Boston-based neurological researcher Dr. Martin Teicher participated in a lecture at Harvard on the effects bullying can have on developing young brains."*	http://www.edgeatlanta.com/index.php?ch=columnists&sc=kilian_melloy&sc2=column&sc3=&id=117045

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National Crime Prevention Council	"Information and resources to curb the growing problem of cyberbullying."	http://www.ncpc.org/topics/cyberbullying
SAMHSA (Substance Abuse and Mental Health Services Administration)	"Behavioral Health is Essential to Health- Prevention Works- People Recover-Treatment is Effective"	http://www.samhsa.gov/
Stop Bullying.Gov	"Find out why cyberbullying is different from traditional bullying, what you can do to prevent it, and how you can report it when it happens."	http://www.stopbullying.gov/cyberbullying/index.html
Top 10 Mistakes Kids Make Online Cybersafefamily.com	"CyberSafeFamily was formed to educate students and their parents on internet safety and responsibility. We believe education is the key to keep kids safe online**."**	http://www.cybersafefamily.com/top-10-mistakes-kids-make-online
National Center for Missing and Exploited Children REPORT CYBER CRIMES HERE	"The mission of the organization is to serve as the nation's resource on the issues of missing and sexually exploited children. The organization provides information and resources to law enforcement, parents, children including child victims as well as other professionals."	http://www.missingkids.com/missingkids/servlet/PublicHomeServlet?LanguageCountry=en_US&
National Education Association	Bullying information and prevention	http://www.nea.org/home/neabullyfree.html
Get Net Wise	Blogs and Tutorials.	http://getnetwise.org/
Reachout.com	The Inspire USA Foundation collaborated with SAMHSA and other agencies to sponsor "We Can Help Us" campaign. The Inspire USA Foundation was founded to address youth suicide prevention and is geared for students 13 - 17. The Reach Out site offers information and support for students who are experiencing a variety of mental health issues from students who have experienced similar issues and received help.	http://us.reachout.com/facts
Half of Us	"Half of Us" campaign featuring students and celebrities who have experienced mental health issues such as depression who share how they coped and received help. Jed Foundation focuses on mental health awareness and support for college age students.	http://www.halfofus.com/video/?videoID=83&chapterID=1
Aevidum	Aevidum with support from the Minding Your Mind Foundation seek to reduce the stigma often associated with mental health especially involving youth and their families and schools.	http://aevidum.com/

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Ulifeline.org	Sponsored by the Jed Foundation, a clearinghouse of mental health information and resources for college age students. A resource we can educate our college bound seniors about.	http://www.ulifeline.org/
The Trevor Project	The Trevor Project provides support and crisis intervention services to lesbian, gay, bisexual, transgender, and questioning youth via web site, blogs, tweets, chatrooms and instant messaging.	http://www.thetrevorproject.org/ Trevor lifeline - 833-488-7386
National Suicide Prevention Lifeline	National Suicide Prevention Lifeline - 1 - 800 - 273 - TALK (8255) This SAMSHA sponsored site also offers promotional materials and resources.	http://www.suicidepreventionlifeline.org/
National Eating Disorders Association (NEDA)	"The National Eating Disorders Association (NEDA) is the leading non-profit organization in the United States advocating on behalf of and supporting individuals and families affected by eating disorders."	http://www.nationaleatingdisorders.org/
S.A.F.E. Alternatives for Stopping Self Abuse	"The S.A.F.E. ALTERNATIVES © philosophy begins with the assumption that, although temporarily helpful, self-injurious behaviors is ultimately a dangerous and futile coping strategy which interferes with intimacy, productivity and happiness. There is no "safe" or "healthy" amount of self-injury. We also believe that self-injury is not an addiction over which one is powerless for a lifetime, people can and do stop injuring, with the right kinds of help and support. Self-injury can be transformed from a seemingly uncontrollable compulsion to a choice."	http://selfinjury.com/
SAMHSA	Two tool kits now available free from SAMHSA. *After A Suicide: A Toolkit for schools* and *Preventing Suicide: A Toolkit for High Schools*.	http://www.store.samhsa.gov/
Pennsylvania Youth Suicide Prevention Initiative	Pennsylvania has made strong efforts to prevent youth suicide through programs such as the Student Assistance Program (SAP), Services for Teens at Risk (STAR-Center), the Yellow Ribbon Program, and a variety of other approaches in local areas.	http://www.paspi.org/
Free Webinar for School Personnel focusing on suicide prevention in schools.	"Generation Wired: Social Networking and Engaging Youth in Suicide Prevention" free webinar for school personnel. Well Aware is national organization focusing on suicide prevention and schools.	http://wellawaresp.org/pdf/Powerpoint_WA%20GenWired.pdf